

2020 Subic Bay ITU Coaches Level 1 Course - SCHEDULE

Facilitator Team: Fenella Ng (HKG), Eugene Lee (SGP)

7:00	9:00
9:00	9:15
9:15	9:30
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17:30	18:00
18:00	19:00
19:00	20:00
20:00	-

DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
03.May.20	04.May.20	05.May.20	06.May.20	07.May.20	08.May.20	
<p align="center">Candidates arrive. Facilitators set up room, and check resources and facilities</p>	<p align="center">Welcome and Introductions 1A (60 min)</p>	<p align="center">Run Practical (2.5 hours) Using coaches as athletes</p>	Breakfast, Free time			
	<p>What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)</p>		<p align="center">Bike and transition Practical (3 hours) Using Korea Junior Athletes</p>	<p align="center">Swim Practical (3 hours) Using coaches as athletes</p>	<p align="center">Practical Assessment Swim (3 hours)</p>	
	<p>The Coaching Process, Teaching & learning 1C (60 min)</p>		<p align="center">Evaluation and Review 2A (30 min)</p>			
	<p align="center">Lunch</p>	<p align="center">Lunch</p>	<p align="center">Lunch</p>	<p align="center">Lunch</p>		
	<p>Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)</p>	<p align="center">Understanding Participants 2B (45 min)</p>	<p align="center">Swim Theory 3A (3 hours)</p>	<p align="center">LTAD 4A (45 min)</p>	<p align="center">1-2-1 debrief and evaluation</p>	
	<p align="center">Run Theory Workshop 1E (2 hours)</p>	<p align="center">Safety & Welfare 2C (45 min)</p>		<p align="center">Improving Performance 4B (75 min)</p>		
	<p align="center">Guide to online learning 1F (45 min)</p>	<p align="center">Bike Theory 2D (1.75 hour)</p>		<p align="center">Open Water Theory 3B (1 hour)</p>	<p align="center">Programme Planning 4C (90 min)</p>	<p align="center">Next steps - Coaching and sport development Course Close 5A</p>
	<p align="center">Transition Theory 2E (45 min)</p>		<p align="center">Preparation for assessment (30 min)</p>			
	<p align="center">Course Welcome Flexible welcome for candidates, Facilitators available</p>			Free time, self study		
				Evening Meal		
			Free Time			